

WHAT IS CLAIMED IS:

1. A method for preparing bean curd comprising the steps of:
 - a) preparing lactic acid bacteria culture by fermenting i) salt, sugar,
water and ii) material which is one or more selected form a
5 group consisting of vegetables, fruits, and a mixture thereof with
lactic acid bacteria;
 - b) preparing the bean soup by pulverizing the soaked soy bean in
water, heating, and filtering; and
 - c) adding the lactic acid bacteria culture of step a) to the bean soup
10 cooled at 40 °C .
2. The method for preparing bean curd according to claim 1, wherein
the lactic acid bacteria culture of step a) is lactic acid bacteria
existing in Kimchi.
3. The method for preparing bean curd according to claim 1, wherein
15 the vegetable is cabbage or radish, and the fruit is pear or pineapple.
4. Bean curd prepared according to method in any one of claim 1.
5. A method for preparing beverage containing lactic acid bacteria
comprising the steps of:
 - a) preparing lactic acid bacteria culture by fermenting i) salt, sugar,
20 water and ii) material which is one or more selected from a
group consisting of vegetables, fruits, and a mixture thereof with
lactic acid bacteria;
 - b) preparing the bean soup by pulverizing the soaked soy bean in

water, heating, and filtering;

c) adding the lactic acid bacteria culture of step a) to the bean soup cooled at 40 °C; and

d) mixing syrup or fruit juice with the bean soup remaining after preparing bean curds of step c).

5

6. beverage prepared according to claim 5.